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NEWS WORTH SHARING.

The Pride of London

Thousands filled the streets on Sunday afternoon for the Forest City's annual Pride parade, including Naomi Nadea, seen here on Wellington Street, who danced from the Western Fair District along Queens Avenue to Victoria Park MORE PHOTOS, PAGE 5

MARK SPOWART/FOR METRO

Who are the rock gods who talked sweet deal with a London biz on Twitter?

Of course, you'll have to look inside to find out PAGE 3

Punching back against bullying

London MMA fighter Emma O'Connor is on a mission to help kids go from victims to victors PAGE 2

Talking TV

Writers' Room host Jim Rash looks at the creative process behind such shows as Breaking Bad, Dexter and New Girl PAGE 9

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Emma O'Connor is fighting back, and is an inspiration to young people.
SCOTT TAYLOR/METRO

Fighter lands one-two punch to end bullying

Emma O'Connor. Gym owner out to help kids gain self-confidence

SCOTT TAYLOR
scott.taylor@metronews.ca

She was the target of bullies as a kid. Now, Emma O'Connor is a fitness fanatic, the owner of a London gym, an MMA fighter and a beacon for boys and girls who themselves are bullied.

The 29-year-old O'Connor takes her roles as entrepreneur and advocate as seriously as a right cross to the jaw.

Business first.

The gym opened about a year-and-a-half ago in the Soho area of the city across the street from her dad's house. It is not a spa by any means. Punching bags hang from the ceiling and free weights rest against walls along with weights and other fitness equipment. It's big and it's open, but on a sunny morning with the garage door wide open for the cooling breeze there's an atmosphere of camaraderie among the female-only members and a feeling that O'Connor might be on to something.

Some go to gyms to work out, but O'Connor wants to offer more than that.

There's kickboxing, cardio training, balance training, speed and agility workouts and more.

That's the business side of things. Strong mind, strong body is her motto.

Naturally, she needs paying members to keep the lights on, but O'Connor still finds the time to make her gym and herself accessible to kids who need a place to go to improve their self-confidence or just get off the streets.

She's involved with the London Cross-Cultural Learning Centre, the London Anti-Bullying Coalition and the Dynamic Dozen among others.

There's also a calendar that can be purchased on the gym's website. Proceeds of sales go to the youth group Femme Force Sisters.

"We're not counsellors or anything," O'Connor said about herself and her members, many of whom also volunteer their own time, "but we wanted to create some self-awareness about bullying. I want (kids) to know that they have the power to stand up for their rights."

She's also behind a video now on YouTube called Words Do Hurt. She hopes as many young people as possible see it because it just might help someone.

"Yes, our members come out to help as well. They volunteer their time to come out and help these kids. The girls at my gym are awesome. What I'm about is what I'm going to attract and they really want to help out and they understand what it is to be a kid."

Sports plus fitness equals self-confidence, and self-confidence is one way to end bullying.

"I have a vision of having a youth centre where kids will come in and use sports and use fitness to build self-confidence," she said. "There are positive things they can do in a gym that they can take and apply to the outside world."

O'Connor's mom died when O'Connor was only 19 years old. She sees her work as one way to honour her mother's memory.

"A lot of what I'm trying to do is to give something back. My mom was always all about that, so I feel this is what I need to do for her."

And soon, a new chapter will be added to her story.

Her first professional MMA fight is scheduled for October. She's been in the octagon before, but as an amateur.

As the saying goes, this one is for all the marbles.

"I had an opportunity to do this and I thought it would be great to represent London. There's some money to be won and in my mind I thought I'll just try to win some money for the youth program. I feel like this is on my control to do something positive.

Quoted

"I want (kids) to know that they have the power to stand up for their rights."
Emma O'Connor, MMA fighter and the owner of a London gym

Top cop defends officers after controversial arrest

London's top cop said officers who injured an 87-year-old man while arresting him acted professionally under difficult circumstances.

Police Chief Brad Duncan came to the defence of the unidentified officers Friday, after Serge Zubko accused them of assaulting him in front of his Highbury Avenue house July 22.

Zubko still bears cuts and bruises on his face and hands from the encounter.

Officers responded to a 911 call from passersby who were stopped by Zubko's wife Antonina. She told them there was a bad man in her house.

Antonina suffers from Alzheimer's, according to published reports.

Concerned for her safety, they called police for immediate assistance.

When police arrived minutes later, tensions escalated quickly.

Duncan said witnesses at the scene contradicted a version of the incident that was first reported in the media Thursday night.

"Notwithstanding Mr. Zubko may have his own perception of what may have happened. I want to make sure that the public is aware that what they read is not necessarily factually based," he said.

Duncan declined to say exactly what occurred when officers arrived because Zubko has been charged with assault and the matter is now before the court. Nor did he specify what part of the published report might not have been factually based.

"I don't want to get into specifics, but the outcome will be the outcome when it goes through the courts," he said.

Zubko said officers hurt him as they pulled his arms behind his back and handcuffed him. He said his face was cut and glasses broken when he was then forced to the ground.

"Having reviewed the occurrence, including all the statements that were received, as well as information received from independent witnesses to the incident, a very different version emerges than that which appears in (the media)," Duncan said.

SCOTT TAYLOR/METRO

Degrace duo

Arrests made in connection with Thursday stabbing

London Police have made arrests in relation to a stabbing that occurred Thursday afternoon in the area of Dundas and Lyle streets.

Jennifer Degrace, 39, and 21-year-old Aaron Degrace of no fixed address, both face charges of robbery, aggravated assault and uttering threats.

The incident occurred around 4 p.m. when a 32-year-old man was leaving a nearby bank. It's alleged the Degrace duo offered to sell him an electronic item. When the victim refused, they threatened to kill him and stabbed him in the leg.

Police say when Jennifer Degrace was arrested, she provided a false name and was in possession of property taken from motor vehicles. This landed her additional charges of mischief and two counts of possession of stolen property under $5,000.

SCOTT TAYLOR/METRO

Grand Bend to London

Londoners bike for MS research

Hundreds of people took part Sunday in the Grand Bend to London Tour, which is Canada's largest bike event in aid of multiple sclerosis research and causes.

The 150km event was sponsored by moving company BigSteelBox, who impressed the volunteers by helping to pack and load the refreshment centres in record time.

The tour was part of the nationwide events for MS Bike, which keeps a portion of the funds raised in local communities to provide services for people with MS and their families.

Starting from the Grand Bend Motorplex, the MS Bike cyclists headed along quiet roads to Western University on Saturday, then back on Sunday.

Each year, more than 10,000 cyclists take part in 26 MS Bike events across Canada, raising $9 million in pledges.

MS Bike has raised more than $50 million since its inception.

MIKE DONACHIE/METRO

Kiss deal looks sweet for London chocolate pushers

Kiss frontman Gene Simmons, and his famous tongue, onstage at Budweiser Gardens on Saturday night. MARK SPOWART/FOR METRO

Fire Roasted Coffee & Habitual Chocolate. Gene Simmons laps up specialty candy bar also customized for Tom Petty, Pearl Jam

MARK SPOWART
london@metronews.ca

There is an old saying that "you miss 100 per cent of the shots you never take."

Dave Cook, owner of the Fire Roasted Coffee Company & Habitual Chocolate, is quite possibly the embodiment of that quote.

Before the rock band Kiss hit the stage Saturday night, they found in their dressing room a chocolate bar custom made by Cook for each member of the band.

Gene Simmons liked it so much, he tracked down Kim Sutherland, chef at Budweiser Gardens, asking for the creator's contact info.

Knowing Cook was at the show, Sutherland tried to reach him, but it was some time later when Cook looked at his phone to see the messages from her.

"It's just like fishing," said Cook. "You just have to cast out a few lines.

"We have been doing this (specialty chocolate bars) for the bands for a little while now, including Tom Petty and Pearl Jam," added Cook, who provides the bars free of charge.

"You know, we are busy, and all of that, but sometimes you have to have fun in your business. We have this great designer named Tony Arts. We give him the idea and the time to come up with a design and this can be the result," said Cook.

After a conversation on Twitter Sunday morning, Cook will now be spending some time writing a business plan to send it off to Gene Simmons.

If all goes well, Cook will find himself in business with some rock gods — and all because of his entrepreneurial spirit.

Twitter

@fireroastedcafe
"Okay, apparently @Kiss band members loved the bars and want to meet. #Woohoo.

@fireroastedcafe
@genesimmons "Thanks for the amazing show last night in #LdnOnt Glad you guys loved the chocolate bars and coffee Hopeing we can meet up.

@genesimmons
@fireroastedcafe "Can you manufacture and distribute? If so, maybe there is a deal here."

@fireroastedcafe
@genesimmons "Gene for sure we can! Perhaps we can meet up and discuss? I can come meet you wherever."

@genesimmons
@fireroastedcafe"Sorry. Cannot meet. Send business proposal."

@fireroastedcafe
@genesimmons "Will do, have something to you in a couple of weeks. Thanks again."

More bad news for Neighbourhood Watch London

The turbulent times of Neighbourhood Watch London are to continue.

In a roller-coaster few weeks, it has seen internal strife, resignations, funding scrutiny and — a few days ago — a positive new start.

But now NWL has a big problem. Its city funding could be pulled Tuesday at a special meeting of the city council's community and protective services committee, timed for just before the final decision will be made at city council.

A report to the committee shows that, instead of the latest installment of its $96,000 annual support from the taxpayer, which should have been more than $23,000, city staff are recommending NWL is paid only $5,000 to support staff wages.

NWL's recent history has included anger towards the old board from volunteers who said it was being run poorly.

That led to a vote of no confidence in the board and, eventually, the board's resignation last Tuesday.

By Wednesday, executive director Susan Hogarth told Metro she was confident the organization would continue to be healthy, and that new volunteer board members were in place.

The committee report notes that NWL area coordinators must vote at a meeting Tuesday night before the board can "become fully operational."

It also reveals the city has invited the new board to seek support from Pillar Nonprofit Network and attend its training courses.

However, for now the city seems to lack confidence in the new set-up.

Councillors are asked to withhold funding, except the $5,000, until NWL files paperwork that satisfies city staff.

MIKE DONACHIE/METRO

Officer sees first-hand the impact of drunk driving

Drop in numbers.
While cases of impaired driving have dropped, one police officer questions those who still get drunk behind the wheel

SCOTT TAYLOR
scott.taylor@metronews.ca

Quoted

"It's much more socially frowned upon now than it used to be, but some people will still continue to drive. Some people think they're invincible and that it can't happen to them, but it can. What if this is the day you get stopped by the police or run a stop sign and T-bone another car?"

Police Const. Emmett Murchland, on drinking and driving.

London Police Const. Emmett Murchland sees an interesting symmetry in being a cop and the president of the local Mothers Against Drunk Driving (MADD) chapter.

"It's a unique position to be in," he said. "I get to see both sides. I can participate in programs that help get the message of impaired driving across and I can go out on the roads and help make them safe."

Murchland's association with MADD began in 2008 when he was the police liaison to the organization. Sitting on the board of directors, it seemed natural to transition into the president's chair.

He said he has family members who have been impacted by drunk driving, but unlike others, he hasn't lost anyone to it. Still, he's seen what can happen at very close range as part of the accident reconstruction team.

"I've seen the end result of impaired drivers and what they can do. If we can take them off the road we can save their life or the lives of others."

As the number of impaired drivers drops in London, the question remains about the others who still get behind the wheel after a belly full of beer.

Murchland says great strides are being made, but some people think they can do anything.

"It's much more socially frowned upon now than it used to be, but some people will still continue to drive. Some people think they're invincible and that it can't happen to them, but it can. What if this is the day you get stopped by the police or run a stop sign and T-bone another car?"

For teens, peer pressure can often exert a negative influence, but when they see one of their own who's been hurt, the message hits home.

Const. Emmett Murchland, the new president of Mothers Against Drunk Driving's London chapter.
SCOTT TAYLOR/METRO

'People don't get it that impaired driving is deadly, that it's stupid': MADD spokeswoman

A Calgary man is charged in the death of his passenger after veering off the 401. Police say he was drunk.

A London man torpedoes a light standard on Highbury Avenue with his car, then drives away. He was charged because police say he was also drunk.

There are more stories just like those, even though impaired charges continue to fall every year. All the more reason to make London MADD spokeswoman and Rogers TV host Christine Taleski wonder why some people still refuse to get the message.

"People don't get it that impaired driving is deadly, that it's stupid, that they need to think twice before they get behind the wheel," she said.

The answer to impaired driving, she believes, would take your breath — and just a minute or two of your time — away.

"Something we're advocating that we think would be effective in Canada, and which has been effective in a lot of other developed countries, is random breath testing. We'd like to see this brought into Canada, basically giving police the power to administer a breath test any time, any where."

It sounds like the familiar RIDE programs, most often seen during the Christmas holidays, but Taleski said there's one important difference.

"With the RIDE program, they need to establish that there's a suspicion of alcohol, such as an odour of alcohol. In a number of other countries, like Australia, they've brought in random breath tests and along with that, increased enforcement."

That means more spot checks, more often.

The argument some make, though, is that forcing someone to give a breath sample if there's no real reason to suspect them is a serious privacy breach.

"That's one of the challenges," Taleski said. "It's something that at the national level MADD Canada is pushing the government to push forward. It's in the interest of public safety and it isn't terribly invasive to people."

SCOTT TAYLOR/METRO

On the web

For more local news go to metronews.ca

London's Pride Parade went past thousands of spectators and lasted for more than 45 minutes. Visit **metronews.ca** for our full gallery.

MARK SPOWART/FOR METRO
london@metronews.ca

A gay ol' time at London Pride

1 Mommies dearest. Make your family Proud

Teagyn Walker-Murray, left, and Jordyn Walker-Murray hold a flag in support along the parade route.

2 March with the mayor. Politicians get into the spirit

Mayor Joe Fontana was one of many local and provincial politicians who made an appearance at 2013 London Pride Parade.

3 Stunt double. When the mood is right, just roll with it

Every parade needs a stunt or two. Here, a parade participant makes the leap over two volunteers on Wellington Street.

4 Best dressed. Sault up! You've come a long way, lady

Roland Timble, originally from London but who now lives in Sault Ste Marie, flew back to London to march in the parade.

5 Work hard, play hard. Metro team was on the story

Angela Mullins, managing editor, Metro London, with other staff from the paper.

6 Rock 'n' roll 'n' rainbows. It was a day to show your stripes

A giant pride flag is carried up Wellington Street.

Girl run over

Teens surrender in apparent egging gone badly wrong

Three teen boys allegedly involved in a hit-and-run that left a girl with broken legs have turned themselves in, say police in Abbotsford, B.C.

The trio surrendered just hours after they allegedly ran the girl over.

Early Saturday, a group of teens were sitting at a bus stop when a truck slowed and two passengers started throwing eggs, police say.

One of the teens, 17, walked up to ask why. But the truck accelerated, running the girl over, police say. Officers will be recommending charges of assault against the two passengers and a charge of hit-and-run causing bodily harm against the driver.

METRO IN VANCOUVER

Rash of incidents

Innu community mulls booze ban

Band councillors in the Labrador Innu community of Sheshatshiu say it's time to consider banning alcohol after a string of recent deaths, accidents and arrests.

Leaders are getting legal advice for a possible bylaw that will be publicly discussed later this summer and would be voted on by residents, said council member Greg Pastitshi.

Recent incidents have many questioning the role of addiction in the high number of police calls in the area.

Statistics Canada said in a 2011 report that the number of incidents per RCMP officer across the country was just over 30 in 2010. That jumped to 129 for the Happy Valley-Goose Bay region.

THE CANADIAN PRESS

Airport death

Verdict looms in Taser perjury case

One of four Mounties accused of lying to an inquiry into the death of immigrant Robert Dziekanski will learn his fate Monday. Const. Bill Bentley's troubles began when he tried to reconcile video evidence with what he initially told police. THE CANADIAN PRESS

Spain

Teen boy gored at run-of-the-bulls

Police say a 16-year-old boy has been gored to death at a running-of-the-bulls festival in a Spanish town. The youth was struck in the back while celebrating Saturday's Apostle James feast at Isso, 322 kilometres southeast of Madrid.

THE ASSOCIATED PRESS

Body of dead children's mother found

Winnipeg. Missing woman discovered in river; children were found in their home

ELISHA DACEY
Metro in Winnipeg

Winnipeg police confirmed Sunday that the body pulled from the Red River on Saturday morning is that of Lisa Gibson.

The mother of two disappeared after both her children were reportedly found drowned in the bathtub of their Westwood neighbourhood home on Wednesday.

Police were initially hopeful that Gibson was alive and in hiding, but by Friday they began concentrating their efforts on searching for her body on the Assiniboine River, which runs near her home.

Her body was spotted by passersby in a canoe.

Const. Eric Hofley said that despite finding Gibson's body, the investigation will continue.

Unknowns

Police would not confirm that the children were found drowned, how they died or how Gibson died or ended up in the river.

Hofley said autopsies have been conducted on Anna, 2, and Nicholas, three months, but they would not be releasing the cause of death due to the ongoing investigation. Hofley added an autopsy has also been completed on Lisa's body.

The police tape is now down around the family's home, but a makeshift memorial of balloons, flowers, stuffed animals and notes of love and sadness remains piled on the property. A group of mothers held a vigil there Thursday night. Many others have taken to social media to express their sadness and horror.

There are reports Gibson was suffering from postpartum psychosis, but Hofley said he could not confirm any such details.

WITH FILES FROM THE CANADIAN PRESS

Winnipeg police say a body pulled from the Red River is that of Lisa Gibson, the 32-year-old mother of two children who were reportedly drowned in their home earlier this week. CONTRIBUTED

These shots show a memorial set up in honour of alleged impaired-driving victim Brandon Thomas before and after it was apparently hit by thieves in Cochrane, Alta., on Friday. COURTESY KIM THOMAS

Mother begs thieves to return son's memorial

Sorrows great and small

"Somebody already took the most important thing from us — and that's Brandon."
Mother Kim Thomas

Family members of an Alberta teen killed by a suspected impaired driver are pleading for thieves to return numerous keepsakes stolen from a roadside memorial.

Cochrane resident Brandon Thomas, 17, died Dec. 6 when police say a pickup being driven in the wrong lane slammed into his car head-on.

In his honour, friends and family established a roadside memorial at the spot where his vehicle came to a rest. It consisted of a cross and numerous keepsakes, including Brandon's wallet, model cars, an X-Box controller he carted around to friends' houses, a stuffed teddy bear from an ex-girlfriend he'd stayed close with as well as cherished photos and flowers.

But, according to mother Kim Thomas, every item was stolen sometime Friday.

She and Brandon's sister, Kayla, have called the RCMP, Alberta Transportation and Rocky View County to determine if any officials took the memorial down, but none claimed responsibility.

Kim is now pleading with whoever did take the items to simply return them to the spot, no questions asked.

"I don't want justice, retribution or anything," she said Sunday. "These things represent love."

Kim said she's discovered tire tracks in a ditch near the memorial and filed a complaint alerting local RCMP.

She is also making plans to put new items at the site and said she has considered camping nearby to ensure they aren't tampered with.

"The value, dollar-wise, means nothing, but that's Brandon's stairway to heaven right there," Kim said. "We'll never replace any of that stuff."

JEREMY NOLAIS/METRO IN CALGARY

Nova Scotia. Police have zero leads in unprovoked 20-man beatdown

Police are asking for the public's help in finding the attackers involved in an early-morning swarming in Dartmouth, N.S., that sent one man to hospital.

The incident occurred at 12:30 a.m. Sunday, when a group of five adults in their early 20s were attacked by about 20 young men.

None of the victims, including three men and two women, were seriously injured in what police are calling a random and unprovoked attack.

One man was sent to hospital for precautionary reasons but was later released.

A backpack was allegedly stolen from one of the women, containing identification and a cellphone. A police K-9 unit later found the bag with the phone missing.

So far police have no suspects or leads. The attackers are all described as being in their late teens or early 20s.

"We're hoping that anyone who might have witnessed the altercation would come forward and speak to us," said Halifax Regional Police spokeswoman Sgt. Christina Martin.

Last December, police responded to two Dartmouth swarmings on the same evening.

A 21-year-old woman was punched and kicked after three females tried to steal her backpack at a bus terminal, while two men were swarmed by five or six males about 45 minutes later.

Police say a knife was used in the assault, which left one of the victims with cracked teeth.

ANDREW RANKIN/METRO IN HALIFAX

Demand for cyber insurance soars

Online attacks. Spate of high-profile data breaches has made firms eager to protect themselves from losses

When Brian Rosebaum started pitching cyber insurance to companies in 2006, he was met with blank stares from risk managers and resistance from information technology experts, who insisted their networks were impenetrable.

All of that has changed in the past year and a half, said Rosebaum, who heads the cyber insurance division of Aon Corp.'s Canadian brokerage arm.

"We've reached a threshold where people are now coming to us instead of us going to them," said the vice president.

Insurance brokers say the frequency of high-profile data breaches is causing a surge in demand for insurance products that protect against losses stemming from cyber attacks.

On Thursday, U.S. prosecutors charged five people with stealing 160 million credit and debit card numbers from companies including 7-Eleven Inc., JC Penney and French retailer Carrefour, calling it the largest data breach in the country's history.

Other victims of data breaches in the past few years include Sony's PlayStation Network, financial institution Citigroup and a number of Canadian government departments. THE CANADIAN PRESS

Quoted

"This is the fastest growing area of commercial insurance in the world right now."

Michael Peterson, a managing director at Marsh Canada Limited

If a turtle could talk to itself, what would it say?

Here's a new twist on zoo marketing — the San Antonio Zoo has taken to posting imaginary conversations on Facebook between the right and left heads of its celebrated two-headed Texas cooter turtle, Thelma and Louise. Zoo officials report that the turtle, who was born last month, has been doing well. Spokeswoman Debbie Rios-Vanskike says the turtle eats and swims, and that the two heads get along. Check out what the shell-backed duo has to say at facebook.com/thelmaandlouise.turtle. SAN ANTONIO ZOO/THE ASSOCIATED PRESS FILE

Nova Scotia

Mission aims to fight oyster disease

Eleven years after a fatal disease damaged Nova Scotia's oyster industry, a maritime delegation is travelling to the U.S. to learn how New England's aquaculture industry was so successfully revitalized.

The aquaculture associations of both Nova Scotia and Prince Edward Island are leading a group of about 16 researchers, industry delegates and government officials to Maine, Massachusetts and Rhode Island for a week-long visit to discuss technology and policy approaches to battle MSX disease. THE CANADIAN PRESS

Ottawa. Aircraft maker's proposal could speed up retirement of Sea Kings

The Harper government has been asked to accept the air force's long-delayed CH-148 Cyclone maritime helicopters as they are currently configured and gradually phase them into service using regular software upgrades intended to make the aircraft fully operational.

The proposal is being floated publicly by Sikorsky aircraft in the wake of a federal cabinet shuffle that has left both National Defence and Public Works with seasoned but not yet fully acclimatized ministers.

At the same time, the aircraft maker and Defence have agreed to a separate plan that would allow flight testing to begin on four helicopters that have been delivered to the military air base in Shearwater, N.S.

The evaluation, to begin in early August, inches the politically painful program ahead for the Conservative government, which has grown more impatient and vocal in its frustration over the replacement of decades-old Sea Kings.

THE CANADIAN PRESS

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PROUD OF YOUTH PRIDE STANCE

URBAN COMPASS

Todd Devlin
london@metronews.ca

Highlighted by the 19th annual parade, the 2013 Pride London Festival came to a close Sunday afternoon after nine straight days of festivities around the city.

The goal is to celebrate and affirm the lives of individuals in the LGBT community while promoting awareness, inclusion and education. But, of course, the true measure of a city's inclusiveness and acceptance is found during the other 51 weeks of the year.

So just where does London stack up?

There's no easy answer, and there are certainly arguments to be made on both sides as to whether the Forest City is ahead of or behind the curve when it comes to LGBT issues.

Despite its conservative reputation, London is fortunate to have a mayor that supports Pride. Mayor Joe Fontana marched for the first time in 2011, and said, "It's all about inclusiveness and being respectful of our diversity."

This year's pride parade grand marshal, Eddy Phimphrachanh, a past victim of assault based on his sexual orientation, says he believes Londoners have become more tolerant and accepting of the LGBT community over the last 10 years.

However, I wouldn't blame anyone in the LGBT community if they disagreed, and you need not look far to understand why.

If you'll recall, in the fall of 2009 a manager at the Trails End market kicked out a trans worker. The owner backed the decision, which resulted in protests and a petition. In 2009, police were called after a couple walking downtown were the victims of a gay bashing attack.

These are, of course, just two examples that happened to hit the news. There are reams more of individuals being assaulted — either physically or verbally — or bullied based on nothing more than their sexual orientation.

Let's make no mistake, there is plenty of homophobia in London, just as there is in every city. It may not be front-page stuff, but it's apparent.

I was at a coffee shop on Richmond Row last winter when Ontario Premier Kathleen Wynne was elected as the new provincial leader. A gentleman — probably in his late-50s or early 60s — engaged another patron in a conversation about the news.

"Going to be a new Ontario premier," he said. "She's a lesbian. Terrible."

He went on to say she'd probably have a "lesbian agenda." Whatever that means. It was the kind of talk you hear from those who refer to homosexuality as a 'lifestyle choice.' In other words, head-shaking, ignorant nonsense.

But as disappointed as I was at the comments, I was equally pleased with the reaction from a group of young students at a nearby table. We exchanged a few chuckles and exasperated looks, and it make me realize there is much to be optimistic about.

There's no question London youth are in much better shape when it comes to acceptance and inclusivity, and that gives me much hope.

Follow Todd Devlin on Twitter @UrbanCompassLdn

ZOOM

Faithful flood Brazilian coast

MARIO TAMA/GETTY IMAGES

Massive crowd to see Pope Francis

Nearly the entire four kilometre crescent of Rio's Copacabana's beach overflowed with flag-waving followers on Sunday for the final mass of Pope Francis' historic trip to his home continent, cheering the first Latin American pope in his final homily of World Youth Day.

THE ASSOCIATED PRESS

Took a toll on the area

- The stench of garbage and human waste hung in the humid air, and the beach and adjoining chic Atlantic Avenue looked like an improvised refugee camp. Copacabana's famous sidewalks were strewn with trampled cardboard, plastic bags, empty water bottles and cookie wrappers.

One of the biggest turnouts

3 million

The Vatican said more than 3 million people were on hand for the mass, based on information from World Youth Day organizers and local authorities who estimated two-thirds were from outside Rio. That was far higher than the 1 million at the last World Youth Day in Madrid in 2011 or the 850,000 at Toronto's 2002 concluding Mass. The next World Youth Day will be in Krakow, Poland, in 2016.

The pope blesses a child as he rides in the popemobile. Hundreds of thousands of people slept in the sand awaiting the final mass. THE ASSOCIATED PRESS

Clickbait

If you tend to throw back a few too many cocktails on these balmy summer nights — and who doesn't — you may find that your judgment is a little skewed. So raise your glass to these apps that determine whether you're in shape to drive home, or if you should be calling a cab.

AlcoDroid

Gives you a blood-alcohol content estimate based on the number of drinks you've consumed. It also functions as a diary that lets you track your drinking habits over time and includes a Facebook function that updates your friends, in case you are too inebriated to do it. Available on Android.

BreathalEyes

This one is unique because instead of inputting a number of bevies, you use the phone's camera to take a video of your eye, and the app determines BAC based on the shakiness of your gaze. The downside is this does require someone you're with to have a steady hand. It's available for iPhone but an Android version will be on tap soon.

Last Call

This app is a gem for BAC calculations. Key in the drinks you've consumed, and the app will figure out how drunk you are instantly. It's been lauded for its easy-to-use interface and has some bonus features: Location-based taxi search and a list of local DUI lawyers. For iOS.

Funtoxication

Your friend claims they got "wasted" last night. Really? This app gives you proof with the ability to set up multiple profiles. The app comes with games that challenge your skills and memory while you're under the influence. For iPhone. METRO

Twitter

@metropicks asked: A two-headed turtle gets its own Facebook page. If your pet had a Facebook page, what would its status say?

@rblaprairie: My pet beta fish would always have a status that read: "this tank is still being tested"

@PlainSJ: "Owners put me down last month. AVENGE MY DEATH!"

@momomoto: "Pooping."

@VulgarViking: Oh you've returned...feed me now and I'll let you know when I want to be petted! #MyCatOscar

@FrenchmanCanada: "I'm a dog, I know how to use a computer and the first thing I do is setup a FB account. My owner was right, I am a dumb dog."

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

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All rounder Rash makes Room for talented writers

Q&A. Oscar-winning screenwriter talks about his new show The Writers' Room and audiences' newfound respect for storytelling

NED EHRBAR
Metro World News in Hollywood

Jim Rash's resumé is already pretty robust, earning acclaim as a comic actor (Community), director (The Way, Way Back) and screenwriter (The Descendants, for which he and co-writer Nat Faxon won an Oscar), but there's always room for more. His latest gig is hosting The Writers' Room, a roundtable discussion series going behind the scenes of fan-favourite television series like Breaking Bad, Game of Thrones and New Girl.

The idea of TV being "the writer's medium" has really taken hold with audiences. Where do you think that's coming from?
I feel it's because of this rabid fan base, this need for knowledge that we all have. I feel like they have respect now for the storytelling. Not that no one had an idea where it came from, but I feel like people have a newfound respect for good stories. I think TV's in a really great place right now as far as embracing flawed, sometimes questionable people, from Dexter to Breaking Bad to any of these shows like Mad Men — complex characters that you get so frustrated by. In the age of binge-watching, catching up on shows that you missed, all these things lead you to wondering about the story.

You also have things like Comic-Con, where showrunners get as much attention as actors.
Yes, I think it's another outlet. It's another version of social interaction and connection to people that we didn't have certainly when I was growing up. We just watched the TV show, maybe read a magazine or a review.

If you could pick any series, living or dead, from the history of television for The Writers' Room, what are your dream choices?
It's tough. I'd be very curious talking to MASH writers just because I have a fascination with the balance of comedy and extreme drama and just the idea behind that show. I feel like I'd want to do a moment with the Cheers writers just because that's probably the quintessential show of my life. Then I think I would want to sit down with Lost because I have a lot of questions, being a guy who watched from the beginning with groups.

How about having Dan Harmon on The Writers' Room now that he's back running Community?
I'd love to do Community. I know that Walking Dead was on the list to be done, but it was an AMC decision. I start with Breaking Bad and then I get to do that. So I feel like there's lots of shows that would be all on board to do it. And I think a lot of them, as soon as they see what it is, I feel like they'll embrace it because it really is a celebration of what they're doing. So I hope they'll see that it's light and fun and introspective about their process.

Actor, director and screenwriter Jim Rash hosts The Writers' Room. GETTY IMAGES

Aniston sets record straight. Wedding will happen 'when it's perfect'

Jennifer Aniston is dismissing rumours about her upcoming wedding to Justin Theroux and setting the record straight.

"We just want to do it when it's perfect, and we're not rushed," the 44-year-old actress said while promoting her new film, We're the Millers.

Aniston and Theroux, 41, began dating more than two years ago and got engaged on his birthday last August. Since then, their indefinite plans have led to speculation ranging from a broken engagement to Theroux getting cold feet.

"There have been no postponed weddings. There have been no arguments about where to get married. Just clearing all that up," she said. THE ASSOCIATED PRESS

Jennifer Aniston GETTY

Hillary

Clinton mini-series in NBC pipeline

A Hillary Rodham Clinton mini-series timed to precede the 2016 presidential election is part of NBC's effort to create "event" programming that will draw viewers to the shrinking world of broadcast network TV, Bob Greenblatt, NBC Entertainment chairman, said. The mini-series, Hillary, stars Diane Lane as the former first lady and secretary of state. THE ASSOCIATED PRESS

Competition slashed

The Wolverine takes top spot

The Wolverine sliced up monsters and minions to debut atop the weekend box office. According to studio estimates Sunday, the Fox film featuring Hugh Jackman's sixth turn as the claw-wielding superhero opened with $55 million. Last weekend's top movie, Warner Bros.' low-budget horror The Conjuring, slipped to second place. THE ASSOCIATED PRESS

Amanda Bynes' parents worried about their cash cow?

Amanda Bynes' parents' first attempt to secure a conservatorship over their troubled daughter didn't pan out, but they're not giving up just yet.

Rick and Lynn Bynes have filed a petition requesting they be appointed Amanda's temporary conservators until a more permanent decision can be made.

"We are deeply concerned that Amanda poses a substantial risk to herself, to others and to property based on recent events in her life," the petition reads, according to TMZ.

The document points to "extremely paranoid" behaviour.

"She would cover smoke alarms with towels, tape windows shut and cover her car's dashboard with cardboard and tape" because she claimed that "cameras were watching her from inside these places," according to the document.

Rick and Lynn are mostly worried about the amount of damage Amanda could do with her $3.3 million in assets.

Amanda Bynes.
ALL PHOTOS GETTY IMAGES

"We are informed and believe that a substantial amount of money is being used to pay for marijuana and other illegal substances, and possible plastic surgery," the petition states.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Are creepy old men not a sought after demographic?

STARGAZING
Malene Arpe
scene@metronews.ca

A Taylor Swift's Biggest Fan contest is cancelled when it looks like a creepy 39-year-old man is going to win. "Not so fast, there" says Taylor. "Is he perhaps someone who could potentially cause me to experience a dramatic May-December-type heartbreak? Does his name rhyme with 'sadness?'"

Friends are reportedly concerned Emma Roberts is turning into the next celebrity train wreck. "But," says Lindsay Lohan, "my reign has only just begun."

Dina Lohan was reportedly drunk and slurred her words when she called Lindsay in rehab for a long-distance family therapy session. "Try topping that, Emma Roberts. I dare you," says Lindsay.

Celebrity Math. Question: If David Spade's mansion sells for $10.3 million after six years on the market and Goldie Hawn and Kurt Russell sell their Malibu mansion for $9.5 million, how will Courtney Love pay the $260,000 she owes in taxes? Answer: By asking Justin Bieber, who made $58 million last year, Spike Lee who's trying to raise $1.25 million on Kickstarter and Teen Mom star and bottomless well of ignorance, Farrah Abraham, who has so far made $119,576.39 off her sex tape.

Kristen Wiig

Bridesmaids star back on the market

Kristen Wiig is back on the market.

The Bridesmaids star has reportedly split from the Strokes drummer Fabrizio Moretti after a year and a half of dating, according to Us Weekly.

A source says the breakup was "completely amicable. They are friends."

Moretti was previously involved with Wiig's pal Drew Barrymore for five years.

Miley Cyrus likes making it rain on strippers

Miley Cyrus knows how to have a good time, and sometimes that involves going to strip clubs.

"Have I ever been to a strip club? Yes," Cyrus tells London's Capital FM Breakfast radio show. "How many times? I don't know. I haven't kept a tally."

When asked if she's previously "made it rain," showering strippers with dollar bills, Cyrus offered a candid response. "Yes. Am I supposed to lie? I thought I was confessing. This is therapy."

Miley Cyrus

Public Auction

Storage-Mart #3003 665 Adelaide St. N, London, ON | Friday, August 16, 2013 @ 10:00 am
Unit: 0323C Crystal Drover

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Units: 0304C Jozsef Beczo, 0800H Rob Winstanley, 1333A Michelle Nelson

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Units: 1231 Ana Tirolese, 1244 Jorge Alberto Rios Fernandez, 1405 Brady Decoursey, 1440 Victor Anast, 2214 Vanessa Smith

Storage-Mart #3004 155 South Edgeware Rd, St.Thomas, ON | Friday, August 16, 2013 @ 1:00 pm
Units: 501 Allan Percival, 407 Lisa Bradford

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Book Excerpt

Vacay 4-1-1

IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

When it comes to family vacations, you don't want to leave anything behind — not a child, not a bathing suit, not a toothbrush, and certainly not your established rules and routines.

Is it a drag sticking to routines while on holidays? Absolutely. Is it worth it? One hundred per cent. Sure, go a little crazy with food (and wine, for Mom and Dad only), but try to keep the lid on such things as letting the kids stay up hours later than they usually do. Any child under three will not sleep in to make up for lost time, and they will be cranky.

It's also important to keep some basic rules around meal time alive during a holiday. If soda pop is not allowed at breakfast at home, it's probably good to stick with that during a road trip as well. Finding the time to have at least one nutritious meal a day can make a big difference, both in your waistlines and in helping the kids feel good.

Personal hygiene is another thing you don't want to let go, particularly if you are dealing with teenage boys who have already minimized their shower- and tooth-brushing time to infinitesimal levels. If Wednesday is "shower night" at home, keep it going while you're away. Trick them into thinking a Tuesday is a Wednesday if the logistics don't work. What? You're the boss!

FROM KATHY BUCKWORTH'S I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS AVAILABLE AT BOOKSTORES EVERYWHERE. (MCCLELLAND & STEWART, 2013)

Online

Yet another reason mommy drinks? The Fair. Follow the (mis) adventures of parenthood at metronews.ca/voices, and pre-order Reasons Mommy Drinks: the book at Amazon.ca

Things better left unsaid

Parenting. What's that rash? Forget sex. In my day. You look great! are among things not to say to new parents

From diet tips to "little baby, little problems," sleep-deprived and new parents have heard it all. And they want you to stop.

Most every new parent has a greatest hits of lame advice and annoying remarks. For fitness buff Brook Benten, mom of four-month-old Hayes, her list included her post-baby body.

"My swollen uterus made me look like I was still five months pregnant," said the Round Rock, Texas, mom. "I was elated to be a mother, but I knew good and well that I looked baaaaad. Well-intending visitors would look me once over and say, 'Wow! You look great!'"

Brandi Jordan, who owns a parenting resource centre in Los Angeles, said the way to avoid ticking off new parents is pretty simple.

"I think that people should not give advice. Period," she said. "People see it as open license when they see someone with a baby to give them their opinion on how they should have socks on, or they should have a hat on, or they need sunblock, or you shouldn't be taking them out, they're too young. Some people make themselves armchair experts because they've read a lot of things."

That, she said, is why the what-not-to-say problem is so out of control these days. Blogs, social networks and simple online searches are the armchair expert's best friends, said Jordan, who has a six-year-old.

Instead of advice, how about not coming over for a visit when you have a cold, even though you think you and your kids are no longer contagious?

But she also has a suggestion for new parents: How about not rejecting outright the experiences of your own parents due to their grandparently status?

"A lot of new parents discount what their own parents actually know, but a lot of grandparents do have good traditional things that work really well," she said.

First, she said, parents need to realize that they really do need help.

"Before, you didn't need help because your family was right there and did everything, but so many people are far removed from their families."

When visiting parents with new babies, leave lame advice at the door. ROBERT DABBS/ THE ASSOCIATED PRESS

But make sure help is help. Visits should be 10 minutes, not two hours, in the early days unless you plan to throw in a load of laundry, do dishes or cook a meal.

Dr. Richard So, a pediatrician at Cleveland Clinic Children's hospital, has three kids of his own. The youngest is not yet two.

His advice for well-meaning loved ones: "Ninety per cent is just reassuring that mother that she's doing the right things, that she's not going to harm her baby," he said. "All a new baby needs to do is eat, sleep, poop and grow."

THE ASSOCIATED PRESS

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KGK synergize

Flavours of Italy sans pots of bubbling pasta sauce

This salad serves four. ROSE REISMAN

ROSE REISMAN
rosereisman.com

Bocconcini are small semisoft mozzarella cheeses. They come in large or mini balls. If you are using the larger ones, cut them into quarters. Today, bocconcini cheese is made from a combination of water buffalo milk and cow's milk.

Ingredients

Salad
- 2 tsp (10 ml) vegetable oil
- 1/2 large sweet white onion, thinly sliced
- 1 tsp (5 ml) brown sugar
- 2 large field tomatoes, cut into 1/4-inch (6 mm) slices
- 4 plum tomatoes, each cut into 4 wedges
- 1 1/2 cups (375 ml) cherry or grape tomatoes, cut in half
- 2 oz (60 g) mini bocconcini cheese, thinly sliced
- 1/4 cup (60 ml) halved olives

Dressing
- 2 tbsp (30 ml) olive oil
- 1 tbsp (15 ml) 3% sour cream
- 1 tbsp (15 ml) light mayo
- 1 1/2 tsp (7.5 ml) balsamic vinegar
- 1/2 tsp (2.5 ml) honey
- 1/2 tsp (2.5 ml) chopped garlic
- 3 tbsp (45 ml) chopped fresh basil for garnish

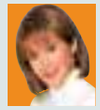
1. Salad: Lightly coat small skillet with cooking spray and add the oil. Sauté onion slices over medium heat 10 minutes or until tender and lightly browned. Add sugar and sauté another 5 minutes. Set aside.

2. Arrange the tomatoes, bocconcini and olives on a serving platter. Place the caramelized onions on top.

3. To make the dressing: Whisk together the oil, sour cream, mayonnaise, vinegar, honey and garlic until well blended. Pour the dressing evenly over the salad and toss. Garnish with basil and serve.

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Little poppers are hits at get-togethers, but don't feed your guests calories, fat and sodium by serving the wrong ones.

6 Heinz stuffed jalapeno peppers

560 calories/36 g fat/1,200 mg sodium

Cream-cheese-stuffed and fried peppers are a high caloric and fat app, with a day's worth of sodium.

Equivalent

Six Heinz-stuffed jalapeno peppers are equivalent in fat to 20 vegetable egg rolls from M&M Meat Shops.

7 M&M Zucchini sticks

170 calories / 9 g fat / 380 mg sodium

Even though these are breaded and deep fried, they are much lower in fat, calories and sodium than the stuffed jalapenos.

Lunch. Beef-Mango Salad

1. Slice steaks crosswise against the grain into strips as thin as possible. Roughly chop the strips to create bite-size pieces.

2. In a large bowl, combine the steak, mango, cucumber, radishes and onion. Toss well.

3. In a medium bowl, whisk together the vinegar, garlic-chili paste and sesame oil. Drizzle the dressing over the salad, then toss well. Season with salt and pepper.

THE ASSOCIATED PRESS

Ingredients

- Two 6-oz bison or other steaks, cooked as desired and cooled
- 1 large mango, peeled, pitted and diced
- 1 medium cucumber, chopped
- 2 red or Easter egg radishes, finely minced
- 1/2 small red onion, finely minced

Dressing
- 1 tbsp rice vinegar
- 2 tsp garlic-chili paste
- 1 tsp toasted sesame oil
- Kosher salt and black pepper

Chickpeas and nectarines in an anything-but-boring salad

Having salad for dinner may sound boring, but it doesn't have to be. It's easy to toss together a delicious (and nutritious!) salad that goes way beyond the lettuce-tomato-cucumber routine that becomes all too tiresome all too quickly.

This recipe makes four entree-sized salads. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- Two 15-oz can chickpeas, drained, rinsed and dried with paper towels
- 5 tbsp olive oil, divided
- 1 tsp curry powder
- Salt and ground black pepper
- 4 tbsp rice vinegar
- 4 tsp brown sugar
- 2 tsp Dijon mustard
- 1 bunch Swiss chard, chopped
- 5-oz package baby arugula
- 1 seedless cucumber, sliced
- 4 stalks celery, thinly sliced
- 3 nectarines, pitted and thinly sliced

Protein suggestions
- Soft-boiled or poached eggs
- Sliced cooked chicken breast
- Cooked shrimp
- Lightly seared and thinly sliced steak
- Marinated tofu or seitan
- Feta or halloumi (Greek grilling) cheese

1. Heat the oven to 400 F.

2. In a medium bowl, toss the chickpeas with 1 tablespoon of the olive oil. Add the curry, then a little bit of salt and ground black pepper, as needed. Toss well to coat evenly, then spread the chickpeas in a single layer on a rimmed baking sheet. Roast for 30 minutes, then set aside to cool.

3. Meanwhile, in a small bowl, whisk together the remaining 4 tablespoons olive oil, the rice vinegar, brown sugar and Dijon mustard. Season with salt and black pepper. Set aside.

4. In a large bowl, mix together the Swiss chard, arugula, cucumber, celery and nectarines. Drizzle the dressing over the salad, then toss gently to coat. Divide between 4 serving plates. Top with the roasted chickpeas and your choice of protein.

THE ASSOCIATED PRESS

How to make that major decision

Specialize this. A fresh crop of high school grads are gearing up for campus life — but how do you know what to study?

JULIE KAYZERMAN
Metro World News in New York

Take a deep breath and investigate your options at school — don't pick your major at the door. ISTOCK

For graduating seniors in high school, the excitement of completing the university or college application process and heading off to school just can't be matched. But often, the excitement ends where the anxiety about choosing a major — and the big life questions that come with it — begins. In their new book, The Secrets of College Success, professors Jeremy S. Hyman and Lynn F. Jacobs share their tips for students looking for the right major.

Take a minute

Upon entering university, many students are encouraged to declare a major right away, but according to Hyman, that isn't necessary. "We recommend the following: don't major at the door!" she says. "I don't think picking a major is all that important and I think when possible, it's good to delay."

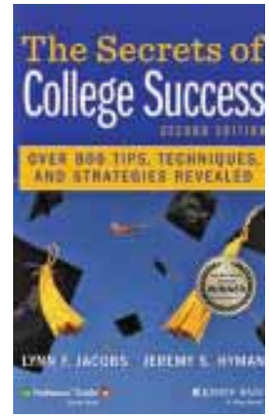
Take advanced courses

Many schools offer introductory courses that are watered-down introductions to subjects as a whole. Therefore students don't really get a sense of what the major is like until they take advanced courses, according to Hyman.

"When possible we think it's best to test the waters," she says, "especially if you can take one or two upper division courses before putting down your quarter."

Go with what you love

It's important to pick something you're interested in, but many students have varied interests and have trouble when focusing on just one course of study. "A lot of students like to double and even triple major and sometimes add a minor or two as well," says Hyman. "This can be a good idea if the majors have some relation to each other, but we think a far better idea is that you have a primary interest." According to Hyman, when picking a major, you are committing yourself to 10 or 12 required courses, so picking two majors — especially ones that don't relate to each other — can be a tough venture.



Don't focus too much on the money

"When you major in something, especially (when it is an) undergraduate major that is followed by graduate school," says Hyman, "you're having to pick a career 10 years ahead of yourself and what you think will be good 10 years from now."

Hyman urges students to use caution when thinking so far ahead, because high-paying career choices can change, and so can the interests of the student. "When picking the major, the student should be an educated consumer and (should) use the sources available rather than just lunging at something because they've done it before."

Your major and your career don't always have to be the same thing

Of course there are fields such as health care and information technology that require specific training and Hyman says it makes sense to match your major to a career. However, she says that picking a major is not the end-all, be-all decision. "What businesses complain about most when they hire people is not that they have the wrong major," Hyman says, "but that they have bad writing, analytical or interpersonal skills." Furthermore, Hyman says that there is no real rush. "Students think when they pick a major they're locked in for life to that major and that career. Beginning students should realize that at many colleges it's extremely easy to change a major."

No clue what to do?

Don't panic. According to Hyman, it is best to ask other people what they're doing and how they like it. "Take more courses, talk to more people, don't panic."

Brian Best, left, and his father David have turned to crowdfunding to save their family farm. THE CANADIAN PRESS

Crowdfunding only limited by imagination

Show me the money. More businesses turn to the public for help

Crippled by mounting financial debt, father and son duo David and Brian Best had few options left to save the potato farm their family has operated in Tryon, P.E.I., since the early 1930s.

It was a customer who dropped in to Best Acre Farms to buy seed potatoes that sparked the family's current bid to save their livelihood — crowdfunding.

"I told him I was pulling strings to find out how I can source money, and he said, 'Well, you might try crowdfunding,'" said Brian Best.

Best did just that, and without a crop in the ground, he has dedicated much of his time to the online campaign, which aims to raise $200,000 by Aug. 1.

As of Thursday, the campaign on Indiegogo.com has generated around $8,000.

Websites like Indiegogo.com are drawing people from across Canada to crowdfunding, and the types of campaigns they fund vary widely. Whether it's building a school in Africa or trying to secure the release of an alleged video that appears to show Toronto's mayor smoking crack cocaine, the possibilities are endless.

Regardless of the cause, the components of a successful crowdfunder often remain the same, said Sandeep Pillai, a graduate student at the University of Toronto's Rotman School of Management who has studied crowdfunding.

"That ability to engage people ... is very critical in a crowdfunding campaign. Let it be a potato farm, let it be a solar watch, let it be a coffee down the street, whatever it is," said Pillai. "When a crowdfunding campaign does not become successful, it's because you were not able to engage the crowd."

Pillai said the idea of crowdfunding isn't new, but its accessibility is.

"It's a sign of the times," said Pillai. "There's a venue to do it; before there was not."

THE CANADIAN PRESS

Quoted

"When a crowdfunding campaign does not become successful, it's because you were not able to engage the crowd"

Sandeep Pillai, crowdfunding expert

Steady Snedeker masters Glen Abbey

Golf. Nashville native gets big break along the way to win his first Canadian Open

American Brandt Snedeker hugs his Canadian caddie Scott Vail after winning the Canadian Open on Sunday evening in Oakville. NATHAN DENETTE/THE CANADIAN PRESS

Brandt Snedeker shot a 2-under par 70 on Sunday to win the RBC Canadian Open by three strokes.

The 32-year-old, who took the lead on Saturday when second-round leader Hunter Mahan withdrew when his wife unexpectedly went into labour, finished at 16 under for the tournament at Glen Abbey Golf Club for his second victory of the season and the sixth of his career.

"This is a tournament I said early on in my career I wanted to win just because my caddie is actually from Canada and it's his national open. It meant a lot to him, meant a lot to me," Snedeker said. "Third oldest tournament on Tour and it's got some great history to it, and now to put my name on that trophy, it means a lot."

Dustin Johnson (70), Matt Kuchar (71), William McGrit (68) and Jason Bohn (71) tied for second at 13 under.

Mahan was seemingly at the top of his game and had a two-stroke lead at 13 under after Thursday's 67 and Friday's 64 before rushing home to be with his wife, Kandi, who gave birth to daughter Zoe Olivia Mahan early Sunday in Texas.

"Zoe will be getting a very nice baby gift from me. I can't thank Kandi enough for going into labour early. I don't know if I'd be sitting here if she hadn't," Snedeker said with a laugh.

Snedeker was 1 under on the day after the front nine and birdied No. 10 to move to 16 under overall. He gave that shot back on No. 12, but birdied No. 16 and parred No. 17 and No. 18 to secure $1,008,000 of the $5.6-million purse.

Kuchar said the breezy conditions made for a tough final round.

"Today was by far the hardest day. The wind was strong and coming from a different direction," he said. "Snedeker played some great golf. I played with him Thursday and Friday. He was just so steady and played good for four days."

THE CANADIAN PRESS

Northern slump

David Hearn of Brantford was the top Canadian with a final-round 73 to finish at 4 under.

- Mike Weir of Brights Grove, shot an even-par 72 to finish at 3 under.
- Roger Sloan of Merritt, B.C., had an up-and-down day that culminated with three straight birdies to finish up with a final-round 72.
- The last Canadian to win the national open was English-born Pat Fletcher in 1954. The only Canadian-born golfer to win the tournament was Karl Keffer (1909, 1914).

MLB

Pujols' year on the line with foot injury

Los Angeles Angels slugger Albert Pujols was put on the disabled list Sunday with a tear in his left foot that could end his season.

Manager Mike Scioscia said the star, who has a partially torn plantar fascia, will be sidelined for "a significant amount of time."

THE ASSOCIATED PRESS

MLB

Tigers ride Peralta to victory over faltering Phillies

Jhonny Peralta's grand slam capped an eight-run sixth inning for Detroit, and the Tigers overcame Miguel Cabrera's ejection in a 12-4 win over the Philadelphia Phillies on Sunday.

Cabrera was tossed while batting with the bases loaded in the third for arguing a called strike and manager Jim Leyland was ejected, too.

In the sixth, the Tigers scored eight runs on only two hits. The Phillies made three errors and walked three batters in the inning.

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The Tigers' Andy Dirks welcomes Jhonny Peralta at home plate after Peralta's sixth-inning grand slam on Sunday in Detroit. GETTY IMAGES

Rasmus' walk off lifts Blue Jays over Astros

Colby Rasmus, centre, celebrates his walk-off single with his Jays teammates on Sunday in Toronto. RICHARD LAUTENS/TORSTAR NEWS SERVICE

Colby Rasmus tried to forget everything that happened early Sunday afternoon.

An 0 for 3 start to the day didn't help the Toronto Blue Jays much, especially when he popped out in a big spot in the seventh inning. But when the Houston Astros chose to again intentionally walk Edwin Encarnacion to get to Rasmus in the ninth, the centre fielder came through with the game-winning single to give the Blue Jays a 2-1 walk-off win.

"It set up the way they want it to, in their favour, with a base open able to walk Eddie," manager John Gibbons said. "And then Colby stepped up."

Umpire quagmire

"I've been trying to control myself as much as I can. But it is something that I'm not as good at as other players."

Jays outfielder Jose Bautista, who was thrown out of Sunday's game for arguing a called strike that led to a strikeout in the seventh inning.

It was shaping to be a day of missed opportunities. The Jays stranded 12 runners and had plenty of chances to take the lead.

"The at-bat before that was a tough one," Rasmus said. "The last at-bat I went up there telling myself I'm looking for a cookie and I'm not swinging at nothing else until I have to."

Jays right-hander Todd Redmond had his best major-league start. The converted reliever struck out a career-high 10 in six strong innings.

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Horoscopes

♈ Aries
March 21 - April 20
Don't start the week in a negative frame of mind. Everything will be resolved to your complete satisfaction over the next seven days – as the Sun in your fellow Fire sign of Leo suggests.

♉ Taurus
April 21 - May 21
Recent setbacks may have been disappointing but you will begin to see them in a more positive light over the next few days.

♊ Gemini
May 22 - June 21
Beneath that cool exterior you are worrying about all sorts of weird and wonderful things. Why? It's really all good.

♋ Cancer
June 22 - July 23
Life has taken a more serious turn in recent days and you will certainly have to take a more responsible approach to matters related to your finances this coming week. Do whatever it takes to make ends meet.

♌ Leo
July 24 - Aug. 23
Something you hear today will no doubt worry you a bit but if you make an effort to read between the lines you may discover that the "facts" are not quite what they seem.

♍ Virgo
Aug. 24 - Sept. 23
An interesting offer will come your way today but you are more than a little suspicious about it. Why would someone you hardly know want to help you? Whatever the reason it's a genuine offer, so say "Yes".

♎ Libra
Sept. 24 - Oct. 23
You don't need an excuse to have a good time so don't bother looking for one. The Sun in Leo demands that you spend as much time as you can with your real friends – they're the ones who make you laugh.

♏ Scorpio
Oct. 24 - Nov. 22
Whatever happens keep your wits about you and keep your eyes and ears open for opportunities you can exploit.

♐ Sagittarius
Nov. 23 - Dec. 21
If something is bothering you – and it is – then you must pluck up the courage to ask for advice, even though you hate to reveal you are not in control.

♑ Capricorn
Dec. 22 - Jan. 20
From the look of your solar chart it seems you are in possession of inside information that can be used to further your ambitions. Is it immoral to do so? Of course not.

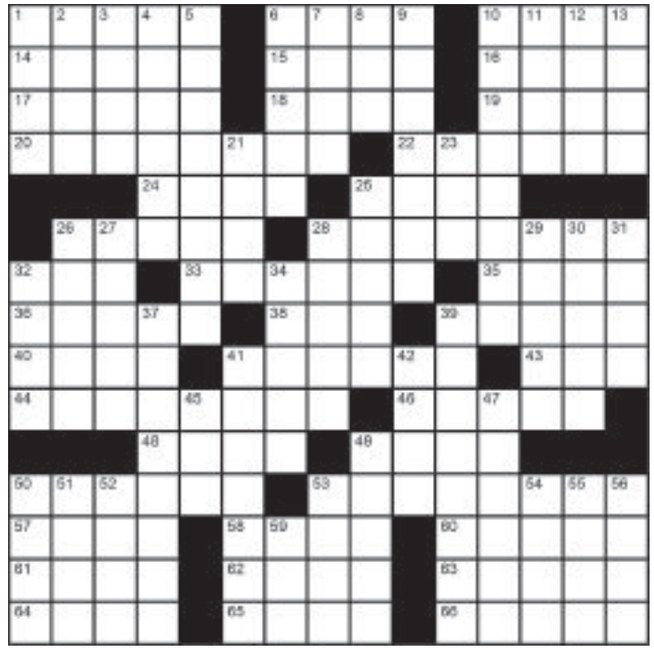
♒ Aquarius
Jan. 21 - Feb. 19
Someone is trying to grab your attention and sooner or later you are going to have to see what they want. Make it sooner if you can because if you are obliged to do them a favor

♓ Pisces
Feb. 20 - March 20
You seem to have overdone it a bit over the past week or so and now you must rest and recuperate. Even if you still seem strong physically your mind is certainly feeling the strain. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

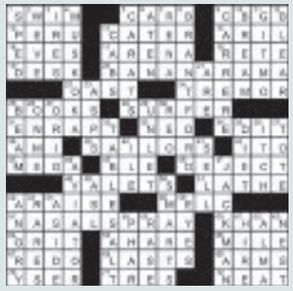
BY KELLY ANN BUCHANAN



Across
1. Beyonce's alter-ego, __ Fierce
6. Guns the engine
10. Succeed antonym
14. Mil. rank, __. __.
15. Fail to mention
16. Gloriole
17. __ __ pursuit, as police-to-a-criminal
18. Knocked noggin result
19. Thingy
20. Tortilla chips brand
22. This clue's direction
24. "Let's leave __ __ that then."
25. Island of the Marianas
26. Vancouver-born actress, Kristin __
28. Where Queen Elizabeth summers in Scotland, __ Castle
32. Observe
33. Singer Mr. Rucker
35. Three x Three's answer
36. Dumbstruck: 2 wds.
38. Finish
39. __ Temple Pilots
40. Constellation for the star Vega
41. Chuck's bride on July 29th, 1981: 2 wds.
43. __ du jour = Juice of the day
44. British Columbia city
46. Killer whales
48. Ad-__ (Improvises)
49. Toronto attraction, Casa __
50. Sir Mackenzie __ (Prime Minister, from 1894 to 1896)
53. 'D' of TD Bank
57. Oomph
58. Sigher's word
60. Hamilton street; or, "Lost" character
61. Sell
62. "The Good __" on CBS
63. "_ __ the news today, oh boy..." - The Beatles
64. Lotus position-doing class
65. Hardens
66. Ms. Perry's of music

Down
1. Skirt feature
2. __ time (Never): 2 wds.
3. Learning insts.
4. Band #33-Across fronted, __ & The Blowfish
5. Elevation
6. Sci-Fi flick 'creature'
7. Aussie birds
8. Bathroom cleansing brand
9. As per #41-Across, where the royal nuptials took place: __. __ Cathedral
10. The __ Banff Springs Hotel
11. Driveway sight
12. Burns up
13. Getaways
21. "...we'll __ _ cup o' kindness yet..." - Robert Burns
23. Ms. Diaz, to pals
25. Tacky
26. Country in Africa
27. Weaponize again
28. Adheres
29. Spanish wine region
30. __ horribilis, 1992 for The Queen
31. Spike and Bruce
32. Fancy fabric
34. Brings in
37. Niagara Falls-crossing daredevil Nik
39. Nunavut's __ National Park
41. Canadian grocery store chain
42. Ruination
45. Salad dressing ingredient
47. Saskatchewan town
49. Misplaces
50. Bunch
51. Spread-for-bread
52. Wedding dress designer Vera
53. Wacky
54. Actor/rapper, __-_
55. "That's fine."
56. Mr. Beatty's
59. Fib

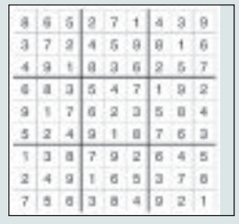
Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



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COLOUR FunRun

for

A colourful 5K run/walk. Fun for everyone!

Saturday, September 7, 2013

Run starts 10 a.m. at the

GRAHAM FAMILY ECO PARK

Medway Rd., SE of Clarke Rd., London

RAIN OR SHINE!

REGISTRATION

Early Registration $45
Starting July 1 ..... $50
Starting August 1 ..... $55

*Children 5 and under are free but they'll need their own white t-shirt!

REGISTRATION FEE INCLUDES:

- Continental Breakfast from 9 am
- Race T-Shirt
- After-Race Dance Party
- Bag of Colour
- Water
- Sponsor Goodies
- Use of the park until 4 pm

ALSO!

FREE ON-SITE PARKING
(but carpooling would help!)

Cash BBQ from 12:00 to 1:30

NOT A RUNNER? Come at 12:00
for the BBQ and enjoy the park!

Charitable registration number: 10691 3742 RR 0001.

REGISTER AT

colourfunrun.ca